

# Governor's School Health Award

## 2010-2011

### Award Application

Governor Doyle and State Superintendent Evers support the Governor's School Health Award as a way to recognize and celebrate schools that support and promote healthy eating; physical activity; alcohol-, tobacco-, and drug-free lifestyles; parental and community involvement; and staff wellness. The award program requires a school to assess its current policies, practices, and programs to determine if they meet best practice criteria in the areas of 1) school health program management; 2) nutrition; 3) physical activity; 4) alcohol-, tobacco-, and drug-free lifestyles; 5) parent and school partnerships; and 6) staff wellness. Once a school completes the assessment, steps can be planned and taken to address the identified gaps. In addition, the strengths and successes of your school health program can now be documented and promoted to administration, staff, students, parents, and the community.

The Governor's School Health Award application process is web-based and can be completed by visiting [www.schoolhealthaward.wi.gov](http://www.schoolhealthaward.wi.gov). The award application that you are looking at now is intended to be used as a worksheet for review and discussion prior to completing the online application. **Please do not submit this award application to DPI.**

Past award recipients are eligible to apply again to advance to a new award level\* (i.e., bronze to silver, silver to gold, gold to platinum). Schools that have received a Platinum Governor's School Health Award in the past will be required to meet additional requirements to maintain that status. Go to [www.schoolhealthaward.wi.gov](http://www.schoolhealthaward.wi.gov) and click on "Keeping the Platinum" link to learn more about these additional requirements. School applicants that do not advance to a new award level will be required to meet additional requirements to maintain their current award level status.

**Pre-registration is required** for all schools who want to apply for an award. Make sure to complete and submit the online pre-registration form at [www.schoolhealthaward.wi.gov](http://www.schoolhealthaward.wi.gov).

Note: Questions followed by the words **BASELINE REQUIREMENT** are required to obtain any of the four award levels (i.e., bronze, silver, gold, platinum).

Reminder: *This application document is to be used for internal purposes only and it should not be submitted as your school's award application. The Governor's School Health Award application process is web-based and can be completed by visiting [www.schoolhealthaward.wi.gov](http://www.schoolhealthaward.wi.gov).*

## General Information

1. School Name: \_\_\_\_\_
2. School Address: \_\_\_\_\_
3. School District Name: \_\_\_\_\_
4. Please list the name of the school principal. \_\_\_\_\_
5. This award application has to be approved by the school principal prior to submission. Have you obtained approval from your principal to submit this application?  
☐ Yes  
☐ No *STOP. Award applications that do not have administrative approval will not be accepted.*
6. Mark the grade levels that are in your school?  
☐ Four Year Old Kindergarten  
☐ Kindergarten  
☐ 1<sup>st</sup>  
☐ 2<sup>nd</sup>  
☐ 3<sup>rd</sup>  
☐ 4<sup>th</sup>  
☐ 5<sup>th</sup>  
☐ 6<sup>th</sup>  
☐ 7<sup>th</sup>  
☐ 8<sup>th</sup>  
☐ 9<sup>th</sup>  
☐ 10<sup>th</sup>  
☐ 11<sup>th</sup>  
☐ 12<sup>th</sup>
7. Please list name, phone number, and email address of the person that can be contacted about the award application.  
  
Name: \_\_\_\_\_  
Phone # (\_\_\_\_) \_\_\_\_\_  
Email address: \_\_\_\_\_

8. It is recommended that completion of this application involve school staff and other partners. What school staff and outside partners were involved in the preparation and submission of this application? (Check all that apply.)
- ☐ Administrator
  - ☐ Nutrition Services
  - ☐ Physical Education Teacher
  - ☐ Health Education Teacher
  - ☐ School Nurse
  - ☐ District Medical Advisor
  - ☐ Parents
  - ☐ School Counselor, Psychologist or Social Worker
  - ☐ Other Classroom Teacher
  - ☐ Students
  - ☐ Private Business
  - ☐ PTO or PTA
  - ☐ Public Health Department
  - ☐ Boys and Girls Clubs
  - ☐ Local Community Coalition
  - ☐ YMCA/YWCA
  - ☐ Park and Recreation Department
  - ☐ Bicycling Association

## Award Application Instructions

Answer the following award criteria questions based on your school's accomplishments and activities in the **past 18 months**, unless otherwise specified.

The criteria questions that are followed by the words **BASELINE REQUIREMENT** are REQUIRED to obtain any of the four award levels (i.e., bronze, silver, gold, platinum). Each response has an associated point value, so answer each question as completely as possible. These points will be used to determine what award level your school has achieved. In addition to the application questions your school will need to mail in the required appendices per your responses. More information on these appendices are in the questions below and at the end of the survey.

## School Health Advisory Council

9. Does your school have an active School Health Advisory Council? (**BASELINE REQUIREMENT**)  
(A School Health Advisory Council is a body of individuals that coordinate, develop, and/or advise on the services, programs, and strategies used by a school to address the health and well-being of students and staff and their families.)
- ☐ Yes
  - ☐ No
10. How often does your School Health Advisory Council meet annually? (**BASELINE REQUIREMENT**)
- ☐ We did not meet
  - ☐ 1 time
  - ☐ 2-3 times
  - ☐ 4 or more times
  - ☐ We do not have a School Health Advisory Council

11. What policies and programs does the School Health Advisory Council oversee? (Check all that apply.) **(BASELINE REQUIREMENT)**

- ☐ Physical activity
- ☐ Healthy eating/Nutrition environment
- ☐ Tobacco-free lifestyle
- ☐ Drug education and prevention
- ☐ Staff wellness
- ☐ School Wellness Policy
- ☐ Parent and community involvement
- ☐ We do not have a School Health Advisory Council

12. Who has been actively involved on the School Health Advisory Council? (Check all that apply.)

- ☐ Administrator
- ☐ Food Services
- ☐ Registered Dietitian or Dietetic Technician
- ☐ Physical Education Teacher
- ☐ Health Education Teacher
- ☐ School Nurse
- ☐ District Medical Advisor
- ☐ Physician
- ☐ Parents
- ☐ School Counselor, Psychologist, or Social Worker
- ☐ Other Teacher(s)
- ☐ Students
- ☐ Community Coalition Representative (nutrition, physical activity, and/or tobacco)
- ☐ PTO or PTA
- ☐ School Board Member
- ☐ Public Health Department
- ☐ Community Business
- ☐ We do not have a School Health Advisory Council

13. What functions does the School Health Advisory Council carry out at your school? (Check all that apply.)

- ☐ Develop programs to address student and staff health
- ☐ Increase parent and community involvement
- ☐ Promotion of school health efforts
- ☐ Recruitment of community health resources
- ☐ Implement programs to address student and staff health
- ☐ Fiscal planning
- ☐ Evaluation, accountability, and quality control
- ☐ We do not have a School Health Advisory Council

14. Does your school or school district provide financial, staff, or other in-kind support to the School Health Advisory Council?

- ☐ Yes
- ☐ No

15. What type of support is provided for your School Health Advisory Council? (Select no more than four)

- ☐ Clerical Support (copying, mailing, meeting rooms, minutes)
- ☐ Administrative support for school staff participation
- ☐ Total support < 1 FTE per meeting
- ☐ Total support > 1 FTE per meeting
- ☐ Budget < \$1,000
- ☐ Budget > \$1,000
- ☐ No support is provided

## School Wellness Policy

16. Does your school have a School Wellness Policy? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

*Include a copy of your School Wellness Policy as Appendix A in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

17. Does your school have a person(s) charged with operational responsibility to ensure that your school is implementing the School Wellness Policy? (**BASELINE REQUIREMENT**)

- ☐ Yes

If yes, provide the name and title of the person(s) responsible:

- ☐ No

18. How does your school annually communicate the School Wellness Policy to staff, students, and the community? (Check all that apply.)

- ☐ School newsletter
- ☐ School website
- ☐ Student handbook
- ☐ Staff meetings
- ☐ Parent meetings
- ☐ Mailing to parents
- ☐ School Board meetings
- ☐ Local newspaper
- ☐ School Newsletter
- ☐ Local TV and radio
- ☐ Not done

19. Does your school have regularly scheduled (monthly, bi-monthly) compliance checks to assess the progress on implementing the School Wellness Policy?

- ☐ Yes
- ☐ No

20. Has your school evaluated the implementation and impact of the School Wellness Policy?

- ☐ Yes
- ☐ No
- ☐ Evaluation data was not collected

21. Does your school share evaluation results with the school board and administration?

- ☐ Yes
- ☐ No

22. What School Wellness Policy areas has your school **defined steps** for implementing an action plan? (Check all that apply.)

- ☐ Nutrition
- ☐ Physical activity
- ☐ Other activities designed to promote student wellness
- ☐ Nutrition guidelines for all foods served, sold, and distributed
- ☐ Staff wellness
- ☐ Parent and community involvement
- ☐ Parent education
- ☐ No action plan exists

*Include a copy of your action plan as Appendix B in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

23. What School Wellness Policy areas has your school **fully implemented** (i.e., you are in full compliance with the policy)?

- ☐ Nutrition
- ☐ Physical activity
- ☐ Other activities designed to promote student wellness
- ☐ Nutrition guidelines for all foods served, sold, and distributed
- ☐ Staff wellness
- ☐ Parent and community involvement
- ☐ Parent education
- ☐ None of the above

## Activity and Movement

24. Do students in your school participate in physical education for at least 90 minutes per week in grades K-8 or at least 175 minutes per week in grades 9-12? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

25. What other physical activities outside of class time do students participate in? (Check all that apply.) (**BASELINE REQUIREMENT**)

- ☐ Active recess
- ☐ Extra credit activities for PE class
- ☐ Intramurals
- ☐ Open gym time
- ☐ After school activities
- ☐ Before school activities
- ☐ Team sports
- ☐ Youth sports
- ☐ None of the above

26. What percent of the school's students get at least 60 minutes of physical activity on at least five days per week? (**BASELINE REQUIREMENT**)

*Note: Physical activity time can be counted as PE time plus any other activity that you are able to document such as extra credit sheets, active recess, team or club sports, intramurals, open gyms, after school programs, pedometer use, etc.*

- ☐ Less than 50%
- ☐ 50-64%
- ☐ 65-79%
- ☐ 80% or greater
- ☐ Don't know

27. What method(s) does your school use for verifying the percent of students meeting the goal of 60 minutes of activity per day? (Check all that apply.)

(**BASELINE REQUIREMENT**)

- ☐ PE class time plus signed sheets verified and recorded by PE teacher
- ☐ Participation records for sports, intramurals, clubs, open gym, and other before and after school activities
- ☐ Movin' and Munchin' Schools tracking sheets (<http://www.movinandmunchin.com/>)
- ☐ Tracking of activity with pedometers or some other measuring device (e.g., 1000 steps = 10 minutes).
- ☐ Recording active time during recess
- ☐ None of the above

28. What is your school doing to reduce screen time (e.g., watching TV, playing video or computer games)?

- ☐ Participate in national TV turn-off week
- ☐ Promote restricting screen time activities through school-wide campaign
- ☐ Other community campaigns restricting or reducing screen time

## Physical Activity/Education Standards/Curriculum

29. Does this school have a Wisconsin DPI licensed PE instructor running the PE classes? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No
- ☐ Please list license number(s). \_\_\_\_\_

30. How many times per week would a typical PE class meet? (**BASELINE REQUIREMENT**)

- ☐ 1x / week
- ☐ 2x / week
- ☐ Every other day (average 2.5 times per week)
- ☐ 3x / week
- ☐ 4x / week
- ☐ 5x / week

31. In an average PE class, what percent of the time are the students physically active? (**BASELINE REQUIREMENT**)

- ☐ Less than 20%
- ☐ 20%-44%
- ☐ 45%-59%
- ☐ 60%-79%
- ☐ 80% or greater

32. How many minutes per week do students at your school participate in structured physical activity outside of the PE class time?

- ☐ Less than 30 minutes
- ☐ 30-45 minutes
- ☐ 46-60 minutes
- ☐ 61-90 minutes
- ☐ Greater than 90 minutes
- ☐ Not done at our school

33. What national model curriculum does the school use that emphasizes health related fitness and lifetime sport activities? (Select only one.)

- ☐ Physical Best
- ☐ CATCH
- ☐ SPARK
- ☐ Station PE
- ☐ None

34. Does your school have an annual PE curriculum schedule?

- ☐ Yes
- ☐ No

*Include a copy of your annual PE curriculum schedule as Appendix C in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

35. Is the school's PE curriculum sequential and are the Wisconsin PE standards integrated into the curriculum?

- ☐ Yes
- ☐ No

*Include a copy of an outline demonstrating integration of the Wisconsin PE standards as Appendix D in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*



## Physical Activity/Education Assessment

36. What assessment strategies are used in the physical education classes? (Check all that apply.) **(BASELINE REQUIREMENT)**

- ☐ Written
- ☐ Rubrics/guidelines for skills
- ☐ Rubrics/guidelines for social and self responsibility
- ☐ Portfolios, including student logs
- ☐ Self reflection and goal setting
- ☐ None

37. What evidence-based health assessment tool does your school use to test a student's fitness level?

- ☐ FitnessGram (evidence-based assessment tool for the Physical Best curriculum, favored by DPI)
- ☐ President's Fitness Challenge
- ☐ None

## Physical Activity/Education Promotion

38. What does your school do to promote increased physical activity at the school, in the home, and in the community? (Check all that apply.) **(BASELINE REQUIREMENT)**

- ☐ Newsletters
- ☐ Activity calendars
- ☐ Activity events
- ☐ Activity clubs
- ☐ Participate in physical activity campaigns (e.g., Governor's Challenge, Movin' and Munchin' Schools)
- ☐ Implement a formal Safe Routes to School program (walk to school program)
- ☐ None

*Include a copy of a promotional activity as Appendix E in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

39. What community organizations have partnerships with the school to promote being active outside of school hours? (Check all that apply.)

- ☐ PTA or PTO
- ☐ Boys and Girls Clubs
- ☐ YMCA/YWCA
- ☐ Park and Recreation department
- ☐ After-school programs
- ☐ Bicycling association
- ☐ Club sports organizations
- ☐ Boys and Girls Scouts
- ☐ Local coalition/community group
- ☐ No partnerships exist

40. How does your school work with the above community organizations to promote physical activity? (Check all that apply.)
- ☐ Provide access to school facilities for **community members** to be physically active
  - ☐ Provide access to community facilities **for students and school staff** to be physically active
  - ☐ Co-sponsored events with community groups or organizations
  - ☐ Promotion of local physical activity event
  - ☐ No partnerships exist

## School Breakfast

41. Does your school participate in the USDA School Breakfast Program? (**BASELINE REQUIREMENT**)
- ☐ Yes
  - ☐ No
42. How many consecutive years has your school participated in the USDA School Breakfast Program?
- ☐ New program this year
  - ☐ 1-5 years
  - ☐ 6 or more years
  - ☐ No school breakfast program
43. The school's breakfast participation rate has increased over the last year by:
- ☐ Less than 5%
  - ☐ 5%-10%
  - ☐ 11%-15%
  - ☐ 16%-20%
  - ☐ Greater than 20%
  - ☐ No school breakfast program
44. What is your school currently doing to enhance participation in the School Breakfast Program? (Check all that apply.)
- ☐ Grab n' Go Breakfast
  - ☐ Breakfast in the Classroom
  - ☐ Mid-morning nutrition break/Breakfast after the 1<sup>st</sup> period of instruction
  - ☐ Universally free breakfast/elimination of reduced prices
  - ☐ Marketing and promotion of the School Breakfast Program to students, parents, staff, and school administration
  - ☐ No school breakfast program

If you answered "Yes" to question 41 and answered the School Breakfast Program questions 42, 43, and 44, SKIP now to question 47 (i.e., steps to assure access to breakfast).

45. If your school does not have a School Breakfast Program, has an assessment of **student breakfast consumption** been completed in the current or preceding school year? (**BASILINE REQUIREMENT**, only if your school does not have a breakfast program.)  
*NOTE: For an assessment tool, schools are required to use USDA's Student Surveys for School Breakfast. These surveys can be downloaded at: <http://www.fns.usda.gov/cnd/Breakfast/toolkit/resources.htm>*

- ☐ Yes
- ☐ No

*Include a copy of your student breakfast consumption assessment results as Appendix F in the appendices package that will be sent to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

46. From the assessment of student breakfast consumption, what was the percentage of students who ate breakfast on the day of the survey?

- ☐ Less than 90%
- ☐ 90%-95%
- ☐ Greater than 95%
- ☐ No assessment was completed

47. Has your school taken steps to assure that students have access to a breakfast meal?

- ☐ Yes
- ☐ No

48. Has your school taken steps to educate parents and students on the importance of regular breakfast consumption?

- ☐ Yes
- ☐ No

## School Meals

*Include a copy of your school's monthly cafeteria menu as Appendix G in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

49. Is the school food service manager/director a: (Check only one.) (**BASILINE REQUIREMENT**)

- ☐ Registered Dietitian
- ☐ Registered Dietetic Technician
- ☐ Certified Dietary Manager
- ☐ Professionally Trained Foodservice Manager (4-year degree)
- ☐ School Nutrition Specialist
- ☐ Certified Executive Chef

50. How many hours does the food service staff member who is responsible for menu planning participate in professional development activities related to a healthy school environment? **(BASELINE REQUIREMENT): Note:** Professional development activities may include school in-services, continuing education (web-based, distance learning, or on-site) events including School Nutrition Association (regional, state, and national conferences), DPI School Nutrition Team courses and workshops, National Food Service Management Institute trainings, and area technical college courses.
- ☐ Fewer than 6 hours per year
  - ☐ 6-8 hours per year
  - ☐ 9-14 hours per year
  - ☐ 15 hours per year or more
51. How many hours does each food service staff member responsible for preparing and serving the food participate in professional development activities related to a healthy school environment? **(BASELINE REQUIREMENT) Note:** Professional development activities may include school in-services, continuing education (web-based, distance learning, or on-site) events including School Nutrition Association (regional, state, and national conferences), DPI School Nutrition Team courses and workshops, National Food Service Management Institute trainings, and area technical college courses.
- ☐ Fewer than 6 hours per year
  - ☐ 6 hours per year
  - ☐ 7-9 hours per year
  - ☐ 10 hours per year or more
52. Is the school's food service manager/director part of the administrative team or have regular communications with school administration?
- ☐ Yes
  - ☐ No
53. Do students have at least 10 minutes of uninterrupted time to eat breakfast after receiving their meal?
- ☐ Yes
  - ☐ No
  - ☐ No school breakfast program
54. Do students have 20 minutes or more of uninterrupted time to eat lunch after receiving their meal?
- ☐ Yes
  - ☐ No
55. Does your school's menu for breakfast and/or lunch include at least 5 different servings of fruits **and** at least 5 different servings of vegetables per week? (Note: 100% fruit juice can only be counted as a fruit one time per week or less.) **(BASELINE REQUIREMENT)**
- ☐ Yes
  - ☐ No
56. Does the school's menu for lunch include vegetables that are dark green or orange on 3 or more days per week? (All servings must be at least ¼ cup).
- ☐ Yes
  - ☐ No

57. Does the school's menu for lunch include legumes (dried peas and beans) at least once per week?
- ☐ Yes
  - ☐ No
58. Does the school's menu for breakfast and/or lunch include **fresh** fruit or raw vegetables at least 3 times per week?
- ☐ Yes
  - ☐ No
59. How often does your school include at least one serving of a whole-grain food on the menu?
- Note: Whole grains shall consist of the intact, ground, cracked or flaked grain seed whose principal anatomical components-the starchy endosperm, germ and bran-are present in the same relative proportions as they exist in the intact grain seed. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients and that the whole grain is listed as the first grain ingredient.*
- ☐ Every Day (9 points)
  - ☐ Three or four times a week (5 points)
  - ☐ One or three times per week (1 point)
  - ☐ We don't serve whole grain foods (0)
60. What are the daily standard milk choices served in your school? (Check all that apply.) **(BASELINE REQUIREMENT)**
- ☐ Fat-free (skim)
  - ☐ Low-fat (1%)
  - ☐ Low-fat (1%)/Fat-free Flavored
  - ☐ None of the above
61. How does your school meal program control calories, fat, sodium and sugar from condiments? (Check all that apply.) **(BASELINE REQUIREMENT)**
- ☐ Using premeasured or prepackaged condiments that are appropriate size for the age of the student
  - ☐ Using/offering reduced-fat alternatives
  - ☐ Using/offering reduced-sugar alternatives
  - ☐ Using/offering reduced-sodium alternatives
  - ☐ Removing salt shakers from tables and service line (2 points)
62. Does your school promote school meals and healthy choices through the following strategies? (Check all that apply.) **(BASELINE REQUIREMENT)**
- ☐ Promotional Items: posters, flyers, placemats, table tents, danglers, and/or bulletin boards
  - ☐ Information to/involving parents and community: information on menus, information on websites, articles in the school newsletter, local media – press releases, articles, features.
  - ☐ Information to/involving students: PSAs on the public address system, student led advertising, student led nutrition initiatives, contests, participation in health observances (Fruit and Vegetable Month, School Breakfast Week), food sampling/taste testing
  - ☐ School principal actively supports healthy meals, non-food fundraising, and non-food rewards in school
  - ☐ School staff modeling healthy eating behaviors
  - ☐ None of the above is done

63. How many promotions does the school food service sponsor each school year?

*Note: Examples of promotions include activities done during National School Lunch Week and/or National School Breakfast Week. Promotional items can be in the form of flyers, brochures, posters, PSAs, that are disseminated through use of various means including the school's website, lunch menus, bulletin boards, and the school's newsletter.*

- ☐ 0-2
- ☐ 3-5
- ☐ 6-8
- ☐ 9-11
- ☐ 12 or more

64. Is the school a Team Nutrition School? (0 points)

- ☐ Yes
- ☐ No
- ☐ Not sure

## Nutrition Education

65. What percentage of grade levels in your school have nutrition education included in the curriculum? (**BASELINE REQUIREMENT**)

(Definition: Nutrition education positively influences students' eating behaviors by educating students on good nutritional habits and making healthy food choices. It involves multiple channels of communication, and can include classroom instruction, student activities (e.g. taste testing), or interactive poster/bulletin board activities. See nutrition education learning objectives on page 22.)

- ☐ None or fewer than 50% of the grade levels
- ☐ 50% to 74% of the grade levels
- ☐ 75% to <100% of the grade levels
- ☐ All grade levels
- ☐ Included as part of a required course (15 points)

66. Do students who receive nutrition education get 10 or more hours in an academic year? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

67. Does your school use the Wisconsin Model Academic Standards for Nutrition as part of a structured, systematic unit of instruction?

(<http://dpi.wi.gov/fscp/pdf/nestandards.pdf>)

- ☐ Yes
- ☐ No

68. Do the staff(s) who provide nutrition education instruction participate in two or more hours of nutrition related professional development activities each year? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

69. Is nutrition education coordinated between your school meal program and classroom instruction?

- ☐ Yes
- ☐ No

69. What types of nutrition education activities have been conducted over the last year? (Check all that apply)

- ☐ Cooking in the classroom
- ☐ School meal program coordinates with current classroom nutrition lessons or activities
- ☐ Taste testing healthy foods
- ☐ School garden (e.g., Got Dirt? Garden Initiative)
- ☐ Farm-to-School (e.g., Wisconsin Home Grown Lunch Project)
- ☐ Interdisciplinary lessons for subjects other than nutrition
- ☐ Classroom nutrition activities
- ☐ Interactive bulletin boards/posters
- ☐ Interactive nutrition education homework that involves parents/family
- ☐ Parent/community activities that support healthy eating
- ☐ None

## All Foods and Beverages Available at School

70. Has your school completed an inventory/assessment of all foods and beverages available on the school campus including: school meals, a la carte items, snack and beverage vending, after school programs, and school events (e.g. celebrations, class snacks, meetings, concessions, intramural activities, and fundraisers)? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

71. Who were the results of the inventory/assessment shared with? (Check all that apply.) (**BASELINE REQUIREMENT**)

- ☐ School Board
- ☐ PTA or PTO
- ☐ Media
- ☐ School website or newsletter
- ☐ Administrator(s)
- ☐ School staff
- ☐ School Health Advisory Council
- ☐ School Wellness Policy Committee
- ☐ Students/student groups
- ☐ Community/local coalition
- ☐ We did not complete an inventory/assessment

72. What changes have been made on your school campus and at school events based on the results of the food and beverage inventory/assessment?

(Check all that apply.) **(BASELINE REQUIREMENT)**

- ☐ Increased healthy food and beverage options available on the school campus
- ☐ Used local fresh fruits and vegetables in the school snack or breakfast/lunch program
- ☐ Reduced or eliminated foods and beverages of minimal or low nutritional value that are sold on the school campus
- ☐ Limited access to foods and beverages of minimal or low nutritional value (hours of sale, number and location of distribution or sales points)
- ☐ Modified vending contract(s) (change food and/or beverage options available; specify portion sizes; prohibit advertising of non-nutritive food and/or beverage products or logos)
- ☐ Labeled healthy food choices with point of decision prompts
- ☐ Provided nutrition information
- ☐ Made drinking water readily available
- ☐ Limited celebrations that involve food and/or beverages during the day to no more than one party per class per month
- ☐ Provided fundraising organizations with examples of foods and beverages that meet the nutrition standards.
- ☐ Supported non-food fundraisers
- ☐ Restrict or prohibit the use of food as a reward
- ☐ We did not do an inventory/assessment

73. Does your school have a written policy(s) and/or administrative procedure(s) about foods and beverages available on the school campus and school events for **all** of the following areas below?

- ☐ Yes
- ☐ No

Elementary Schools

Vending  
Fundraisers  
Student rewards  
Classrooms  
School meal program  
Snacks  
Celebrations (school and classroom)

Middle & High Schools

Vending  
Fundraisers  
Student rewards  
Classrooms  
School meal program  
Snack bars/school store  
Sporting and extracurricular events  
Cafeteria a la carte lines

74. Has your school completed a **post** inventory/assessment of **all** foods and beverages available on the school campus including: school meals, a la carte items, snack and beverage vending, after school programs, and school events (e.g. celebrations, class snacks, meetings, concessions, intramural activities, and fundraisers)?

- ☐ Yes
- ☐ No

*Include a copy of post inventory/assessment as Appendix H in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*



75. Do students have access to sugar sweetened beverages (SSB) on school grounds, such as soda or pop, iced tea, sports drinks, flavored waters and fruit punch?
- ☐ Yes
  - ☐ No
76. Which of the following strategies does your school use to reduce sugar sweetened beverage (SSB) consumption among the student population? (Select no more than two)
- ☐ Prohibit sales, limit access or reduce availability of SSB to students during the school day (e.g., prohibiting or limiting sales, reducing the selection of SSB)
  - ☐ Reducing portion sizes of SSB that are available
  - ☐ Offering healthier alternatives in place of SSB (e.g., drinking water is made readily available, 100% fruit juice, unflavored, non-carbonated waters available)
  - ☐ Eliminating advertising of SSB on the school campus
  - ☐ Increasing the costs of SSB above healthier alternatives
77. Is the food and beverage policy(s) and/or procedure(s) disseminated annually to all those who may be providing foods and beverages on the school campus or at school events?
- ☐ Yes
  - ☐ No
78. How does your school promote the availability of healthy food and beverage choices? (Check all that apply.)
- ☐ Place in a more prominent position than less nutritious choices
  - ☐ Display nutritional information about available foods
  - ☐ Display promotional materials such as posters
  - ☐ Offer taste testing opportunities
  - ☐ Make school-wide audio or video announcements
  - ☐ Identification of healthier food item
  - ☐ School provides fundraising organizations with examples of foods and beverages that meet the nutrition standards and/or limits food fundraising
  - ☐ Decision prompts
  - ☐ Student to student marketing
  - ☐ Staff role modeling of healthy eating behaviors
  - ☐ Integrated into curriculum (e.g., health, FACE)
  - ☐ No promotion is done

## Alcohol, Tobacco, and Other Drug Prevention

79. Does your school have signage publicizing the school district's policies prohibiting the use of alcohol, tobacco, and other drugs (ATOD)? (**BASELINE REQUIREMENT**)
- ☐ Yes
  - ☐ No

80. Where are these signs located? (Check all that apply.)

- ☐ All public entrances to school building
- ☐ All public entrances to school grounds
- ☐ School vehicles
- ☐ No signs exist

81. Does your school communicate at least annually to students, parents, staff, and community members the school district's ATOD policies? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

82. How has your school communicated the school district ATOD policies to staff, students, and community members? (Check all that apply.) (**BASELINE REQUIREMENT**)

- ☐ School newsletter
- ☐ School website
- ☐ Student handbook
- ☐ Staff handbook
- ☐ Parent e-mail or mailing
- ☐ Staff meetings
- ☐ Parent meetings
- ☐ Co-curricular code
- ☐ School Board meetings
- ☐ Coaches group
- ☐ Assembly or inservice
- ☐ Local newspaper
- ☐ Not done

83. Who are the people/positions responsible for enforcing the ATOD policy compliance at your school? (Check all that apply.) (**BASELINE REQUIREMENT**)

- ☐ Principal
- ☐ Assistant principal
- ☐ School police liaison
- ☐ Counselor, social worker, psychologist
- ☐ Student assistance program coordinator
- ☐ Not done

84. Has your school monitored their compliance to the school district's ATOD policies? (**BASELINE REQUIREMENT**)

- ☐ Yes
- ☐ No

85. Does your school use an evidence-based ATOD prevention program(s)?

- ☐ Yes
- ☐ No

86. In what grades are these ATOD evidence-based programs implemented in your school? (Check all that apply.) **(BASELINE REQUIREMENT)**

- ☐ Kindergarten
- ☐ 1<sup>st</sup> grade
- ☐ 2<sup>nd</sup> grade
- ☐ 3<sup>rd</sup> grade
- ☐ 4<sup>th</sup> grade
- ☐ 5<sup>th</sup> grade
- ☐ 6<sup>th</sup> grade
- ☐ 7<sup>th</sup> grade
- ☐ 8<sup>th</sup> grade
- ☐ 9<sup>th</sup> grade
- ☐ 10<sup>th</sup> grade
- ☐ 11<sup>th</sup> grade
- ☐ 12<sup>th</sup> grade
- ☐ Not done

87. What evidence-based program(s) does your school use? To see a list of eligible evidence-based programs go to

1) <http://dpi.wi.gov/sspw/tobaccoprog.html>, 2) <http://dpi.wi.gov/sspw/safedrgfr.html>, and 3) <http://www.modelprograms.samhsa.gov/>

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

88. Has your school used student data in the last three years to develop, implement, and evaluate their ATOD prevention program(s)? **(BASELINE REQUIREMENT)**

- ☐ Yes
- ☐ No

89. What type of student data has been used to develop, implement, and evaluate your ATOD prevention program(s)? (Check all that apply.) **(BASELINE REQUIREMENT)**

- ☐ Risk behavior (e.g., binge drinking, marijuana use)
- ☐ Attitudes and perception (e.g., norms among peer group, safe vs. unsafe behavior)
- ☐ Developmental assets (internal and external)
- ☐ School climate (e.g., safe environment, feelings of acceptance)
- ☐ Health outcomes (e.g., cessation program rates, detox admissions)
- ☐ Other outcomes (e.g., tobacco citations, alcohol violations)
- ☐ Not done

90. How has your school used the student data in your ATOD prevention efforts? (Check all that apply.)

- ☐ Program development (e.g., targeting specific grades, selecting a evidence-based prevention program)
- ☐ Program implementation (e.g., classroom instruction, student support groups)
- ☐ Program evaluation (e.g., change in risk behaviors, change in school climate)
- ☐ Not done

## Parent and School Partnership

91. What has your school done in the last year to support parent and family involvement? (Check all that apply)
- ☐ Encourage parents to participate on the school health council
  - ☐ Train teachers and administrative staff on how to engage families in schools
  - ☐ Make schools physically and socially hospitable to families
  - ☐ Develop processes for communicating directly with families
  - ☐ Provide education programs to parents regarding different health issues and related policies
  - ☐ Give students health education and physical education assignments that involve family members
  - ☐ Not done
92. Does your school provide opportunities for students and their parents to be involved in joint health promotion activities with their child(ren), such as nutrition education and physical activity? (**BASELINE REQUIREMENT**)
- ☐ Yes
  - ☐ No
93. What type of health promotion activities that involved parents has your school sponsored over the last year? (**BASELINE REQUIREMENT**)
- ☐ Nutrition education (e.g., preparing healthy meals, healthy eating habits)
  - ☐ Physical activity
  - ☐ Drug prevention
  - ☐ Tobacco prevention
  - ☐ None
94. Does your school have a formal structure to foster parent and school partnerships, such as a parent advisory group, family center, or PTA?
- ☐ Yes
  - ☐ No
95. Has your school recently (last 2 years) gathered feedback from parents on their priorities regarding student health and safety issues?
- ☐ Yes
  - ☐ No

*Include a copy of the parent survey as Appendix I in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

## Staff Wellness

96. Does your school have a specific staff wellness program or does the school wellness policy include staff? (**BASELINE REQUIREMENT**)
- ☐ Yes
  - ☐ No

*Include a copy of staff wellness policy(s) or program information as Appendix J in the appendices package that will be mailed to DPI. To meet this award criteria the required appendix item needs to be sent to DPI.*

97. Does your school have an identified staff wellness coordinator?

- ☐ Yes
- ☐ No

98. Which of the following steps have been taken to develop, implement, and improve a staff wellness program? (Check all that apply.)

- ☐ An assessment has been done of staff wellness needs
- ☐ An assessment of the school environment that impacts staff wellness has been done.
- ☐ A comprehensive staff wellness action plan has been developed
- ☐ The staff wellness program being implemented includes a pre and post-program evaluation.
- ☐ Program improvements have been made based on the above evaluation and/or assessment findings.
- ☐ None

99. Which of the following physical activity and healthy eating opportunities are included in the staff wellness program? (Check all that apply.)

- ☐ Food and beverages served at staff functions meets the school district Wellness Policy or Alliance for a Healthier Generation guidelines
- ☐ Educational activities for school staff members on healthy lifestyle behaviors, healthy eating, physical activity, and injury prevention.
- ☐ Installation of convenient walking routes and fitness equipment, or making arrangements for staff use of public recreation centers or private fitness facilities with organized programs and incentives to encourage their use.
- ☐ Application of nutritional standards for foods and beverages in vending machines available to staff members on the school campus.
- ☐ Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.
- ☐ Time during the school day, such as release time, during which teachers and other staff members can participate in health-promoting activities or the district has other ways to create a supportive environment in the district and schools
- ☐ Competitions to encourage healthy eating, physical activity, and weight loss
- ☐ Incentives (e.g., insurance rebates, gift certificates) for healthy eating, physical activity, and weight loss
- ☐ None

100. Which of the following health components are in the staff wellness program? (Check all that apply.)

- ☐ Policies to prohibit all tobacco use on school grounds by staff members.
- ☐ Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- ☐ Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- ☐ Linkages to established employee assistance programs have been made.
- ☐ An ongoing assessment process to update and improve the effectiveness of the staff wellness plan.
- ☐ None

**\*Question 64: Nutrition education learning objectives**

Nutrition education is designed to help students learn all of the following:

- Nutritional knowledge, including but not limited to, the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage.
- Nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.
- How to assess their own personal eating habits, set goals for improvement, and achieve those goals by using a food guidance system, such as MyPyramid, the Dietary Guidelines for Americans, and Nutrition Fact Labels.

## Appendix

**To complete your application you will need to mail in the required appendices (2 copies of each) per your responses to the application questions.** Please indicate below what appendices will be mailed to DPI. Label each appendix item per the headings below.

Mail the two appendix packets to Brian Weaver, DPI, 125 S. Webster St., Madison, WI 53702

- ☐ Appendix A: School Wellness Policy
  - ☐ Appendix B: School Wellness Policy Action Plan
  - ☐ Appendix C: School's Annual PE Curriculum Schedule
  - ☐ Appendix D: Wisconsin PE Standards Integration Outline
  - ☐ Appendix E: Physical Activity Promotion at Home, School & Community
  - ☐ Appendix F: Student Breakfast Consumption Assessment Results (Only for schools with NO school breakfast program.)
  - ☐ Appendix G: Cafeteria Menu (One Month)
  - ☐ Appendix H: All Foods and Beverages Inventory/Assessment (post-inventory)
  - ☐ Appendix I: Parent Health and Safety Survey
  - ☐ Appendix J: Staff Wellness Policy or Program Information
  - ☐ Appendix K: Other Accomplishments (optional, not included in scoring) Please describe:
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## Additional Accomplishments

The goal of this section is to capture the activities and initiatives that are innovative. Your responses will NOT be included in the overall scoring of your application so you are not required to complete this section. Information shared may be used in future efforts to highlight the good work of your school in publications, conferences, and other awards/grants.

Please share with us your innovative and effective activities, programs, policies, etc... related to school health, physical activity, nutrition, ATOD prevention, staff wellness, and/or parent and community involvement that we didn't capture in the previous sections.

*If you have examples to share we would like to see them, so include them As Appendix K in the appendices package that will be mailed to DPI.*

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Do you have a story to tell on your school's efforts to keep students and staff healthy? If yes, please take a few minutes to share that **success story** with the Governor's Office and DPI. Go to [www.schoolhealthaward.wi.gov](http://www.schoolhealthaward.wi.gov) and click on the link "Got a success story?" in the low right-hand corner. Thanks!!